

What is claimed is:

1 1. A reconstituted grain product, manufactured by
2 reconstituting a ground material, wherein the ground
3 material comprises a plurality of grains and legumes having
4 various respective cooking requirements.

1 2. The reconstituted grain product as claimed in claim
2 1, wherein the ground material is between 80~200 meshes.

1 3. The reconstituted grain product as claimed in claim
2 2, wherein the ground material is between 100~200 meshes.

1 4. The reconstituted grain product as claimed in claim
2 1, wherein grains used comprise at least one of rice,
3 barley, oat, buckwheat, adlay, millet, sorghum, sweet corn,
4 wheat, rye, or rice bran.

1 5. The reconstituted grain product as claimed in claim
2 4, wherein the rice of the ground material is about 10~90%
3 by weight.

1 6. The reconstituted grain product as claimed in claim
2 5, wherein the rice of the ground material is about 25% by
3 weight.

1 7. The reconstituted grain product as claimed in claim
2 4, wherein the grains of the ground material, except for
3 rice and rice bran, are 1~50% by weight respectively.

1 8. The reconstituted grain product as claimed in claim
2 7, wherein the barley of the ground material is about 17.5%
3 by weight.

1 9. The reconstituted grain product as claimed in claim
2 7, wherein the oats of the ground material are about 17.5%
3 by weight.

1 10. The reconstituted grain product as claimed in claim
2 7, wherein the buckwheat of the ground material is about
3 17.5% by weight.

1 11. The reconstituted grain product as claimed in claim
2 7, wherein the adlay of the ground material are about 17.5%
3 by weight.

1 12. The reconstituted grain product as claimed in claim
2 4, wherein the rice bran of the ground material is about
3 1~10% by weight.

1 13. The reconstituted grain product as claimed in claim
2 7, wherein the rice bran of the ground material is about
3 5% by weight.

1 14. The reconstituted grain product as claimed in claim
2 1, wherein the legumes used comprise at least one of soy
3 bean, black bean, green bean, small red bean, or sword bean.

15. The reconstituted grain product as claimed in claim
1, further comprises a nutrient-enhanced agent or a texture
modifier.